

Weight Loss Journey Report - Mamba Mental

Generated on: 09/10/2024

1. Personal Profile

Start Date:	09/09/2024	End Date:	12/30/2024
Age:	46 years	Gender:	Male
Height:	5'9" (175.3 cm)	Initial Weight:	245.6 lbs
Goal Weight:	217.0 lbs	Initial Body Fat:	30.5%
Goal Body Fat:	7.0%	Activity Level:	Little to no exercise
Experience Level:	4		

2. Metabolic Calculations

These calculations provide insight into your body's energy requirements and how they change over time.

Initial RMR:	3326.4 cal/day	Initial TDEE:	4215.1 cal/day
TEF:	24.5 cal/day	NEAT:	100 cal/day
Initial Daily Calorie Intake:	1929.3 cal/day		

RMR: Resting Metabolic Rate - calories burned at rest

TDEE: Total Daily Energy Expenditure - total calories burned per day

TEF: Thermic Effect of Food - calories burned digesting food

NEAT: Non-Exercise Activity Thermogenesis - calories burned through daily activities

3. Workout Analysis

This analysis provides insight into your workout routine and its effectiveness.

Type:	Bodybuilding (focus on muscle hypertrophy)	Frequency:	3 days/week
Volume Score:	0.4 - Moderate	Intensity Score:	0.8 - Very High
Frequency Score:	1.0 - Very High	Resistance Training:	Yes
Athlete Status:	Yes		

Volume Score: Measures the total amount of work done in your workouts

Intensity Score: Indicates how hard you're working during your workouts

Frequency Score: Reflects how often you're training each muscle group

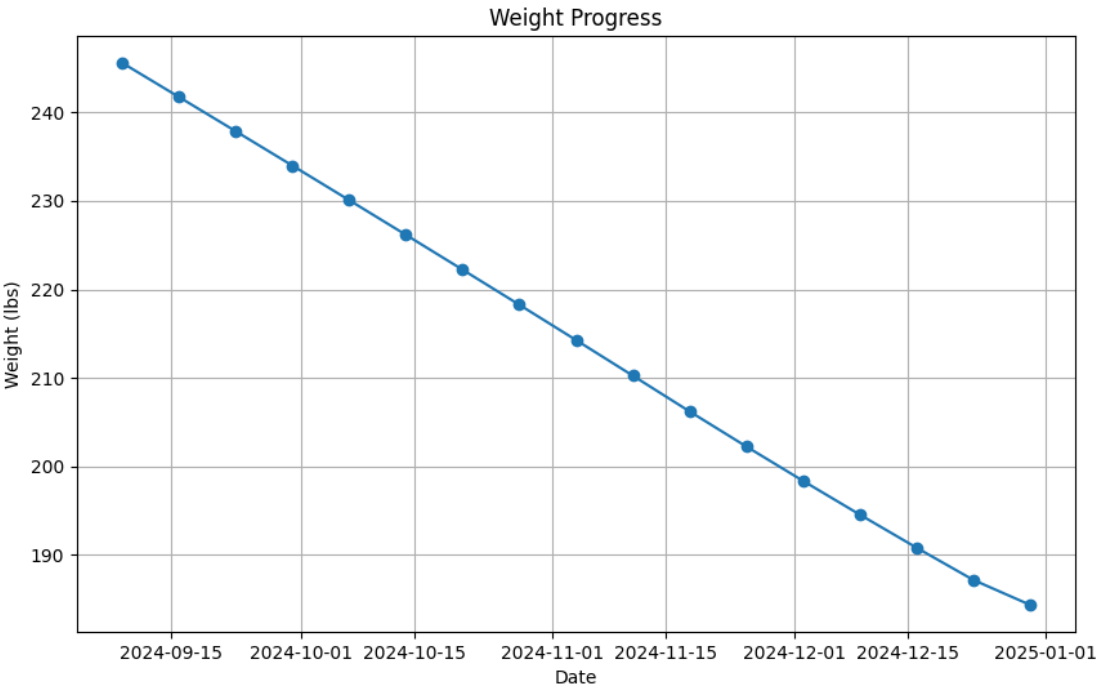
4. Body Composition Adjustments

This section shows how your body composition changed throughout your journey.

Initial Lean Mass:	170.7 lbs	Initial Fat Mass:	74.9 lbs	Est. Weekly Muscle Gain:	0.3 lbs
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5. Weekly Progress Forecast

This chart and table show your projected weight loss and body composition changes week by week.

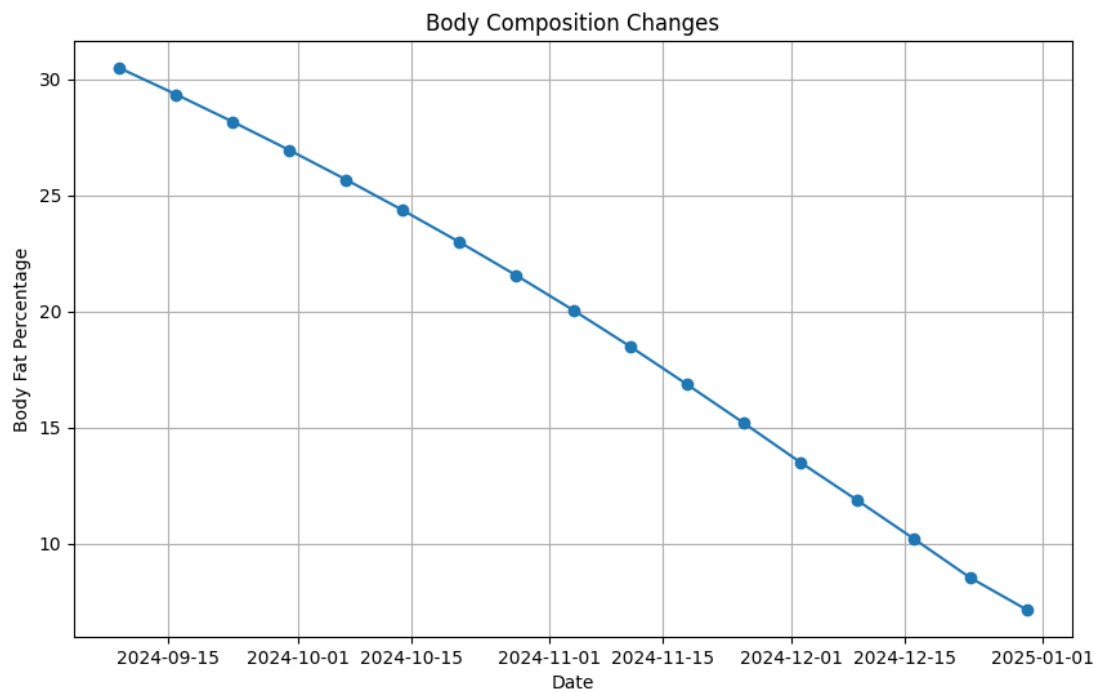


Date	Weight (lbs)	Body Fat %	Daily Cal Intake	TDEE	Weekly Cal Output	Total Weight Lost (lbs)	Lean Mass (lbs)	Fat Mass (lbs)	Muscle Gain (lbs)	RMR
09/09/2024	245.6	30.5	1929	4215	0	0.0	170.7	74.9	0.0	3326
09/16/2024	241.7	29.4	2146	4215	14481	3.9	170.8	71.0	0.3	3326
09/23/2024	237.9	28.2	2025	4101	14531	7.7	170.8	67.0	0.3	3288
09/30/2024	234.0	27.0	1903	3987	14585	11.6	170.9	63.1	0.3	3249
10/07/2024	230.1	25.7	1781	3873	14645	15.5	171.0	59.1	0.3	3210
10/14/2024	226.2	24.4	1657	3759	14709	19.4	171.1	55.1	0.3	3171
10/21/2024	222.2	23.0	1533	3645	14781	23.4	171.1	51.1	0.3	3132
10/28/2024	218.3	21.6	1408	3531	14861	27.3	171.2	47.1	0.3	3093
11/04/2024	214.3	20.1	1281	3417	14952	31.3	171.3	43.0	0.3	3053
11/11/2024	210.2	18.5	1151	3302	15056	35.4	171.3	38.9	0.3	3013

11/18/2024	206.2	16.9	1080	3241	15126	39.4	171.4	34.8	0.3	2973
11/25/2024	202.2	15.2	1061	3183	14854	43.4	171.5	30.8	0.3	2932
12/02/2024	198.4	13.5	1042	3126	14587	47.2	171.5	26.8	0.3	2893
12/09/2024	194.5	11.9	1023	3070	14327	51.1	171.4	23.1	0.3	2854
12/16/2024	190.8	10.2	1005	3015	14071	54.8	171.3	19.5	0.3	2816
12/23/2024	187.2	8.5	1000	2962	13732	58.4	171.2	16.0	0.3	2778
12/30/2024	184.3	7.2	1359	2910	10857	61.3	171.1	13.2	0.3	2742

6. Body Composition Changes Over Time

This chart and table illustrate how your body fat percentage changed throughout your journey.



Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack
Obese	30.5%	09/09/2024	Significant excess fat all around	12+ months
Obese	29.4%	09/16/2024	Significant excess fat all around	12+ months
High Body Fat	28.2%	09/23/2024	Excess fat all around, round physique	6-12 months
High Body Fat	27.0%	09/30/2024	Excess fat all around, round physique	6-12 months
High Body Fat	25.7%	10/07/2024	Excess fat all around, round physique	6-12 months
High Body Fat	24.4%	10/14/2024	Excess fat all around, round physique	6-12 months
Above Average	23.0%	10/21/2024	No visible abs, excess fat	4-6 months
Above Average	21.6%	10/28/2024	No visible abs, excess fat	4-6 months

Above Average	20.1%	11/04/2024	No visible abs, excess fat	4-6 months
Average	18.5%	11/11/2024	Little muscle definition, soft look	3-4 months
Average	16.9%	11/18/2024	Little muscle definition, soft look	3-4 months
Average	15.2%	11/25/2024	Little muscle definition, soft look	3-4 months
Lean	13.5%	12/02/2024	Some muscle definition, less visible abs	2-3 months
Lean	11.9%	12/09/2024	Some muscle definition, less visible abs	2-3 months
Lean	10.2%	12/16/2024	Some muscle definition, less visible abs	2-3 months
Very Lean	8.5%	12/23/2024	Visible abs, vascularity, striations	3-4 weeks
Very Lean	7.2%	12/30/2024	Visible abs, vascularity, striations	3-4 weeks

7. Metabolic Adaptation

This shows how your metabolism adjusted throughout your weight loss journey.

Week 1 Metabolic Adaptation:	1.00
Final Week Metabolic Adaptation:	0.70

A value of 1.00 indicates no adaptation, while lower values indicate metabolic slowdown.

8. Final Results

This summary shows your overall progress and achievements.

Duration:	16 weeks	Total Weight Loss:	61.3 lbs
Total Body Fat Reduction:	23.3%	Final Weight:	184.3 lbs
Final Body Fat:	7.2%	Average Weekly Weight Loss:	3.8 lbs
Total Muscle Gain:	4.5 lbs	Final Daily Calorie Intake:	1358 calories
Final TDEE:	2910 calories	Final Weekly Caloric Output:	10857 calories

9. Body Fat Category Progression

This shows how your body fat category changed from the beginning to the end of your journey.

Stage	Category	Description	Est. Time to Six-Pack
Initial	Obese	Significant excess fat all around	12+ months
Final	Very Lean	Visible abs, vascularity, striations	3-4 weeks

10. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.3 lbs per week.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2910 calories.

11. Future Considerations

This section is reserved for future personalized recommendations and long-term strategy planning.